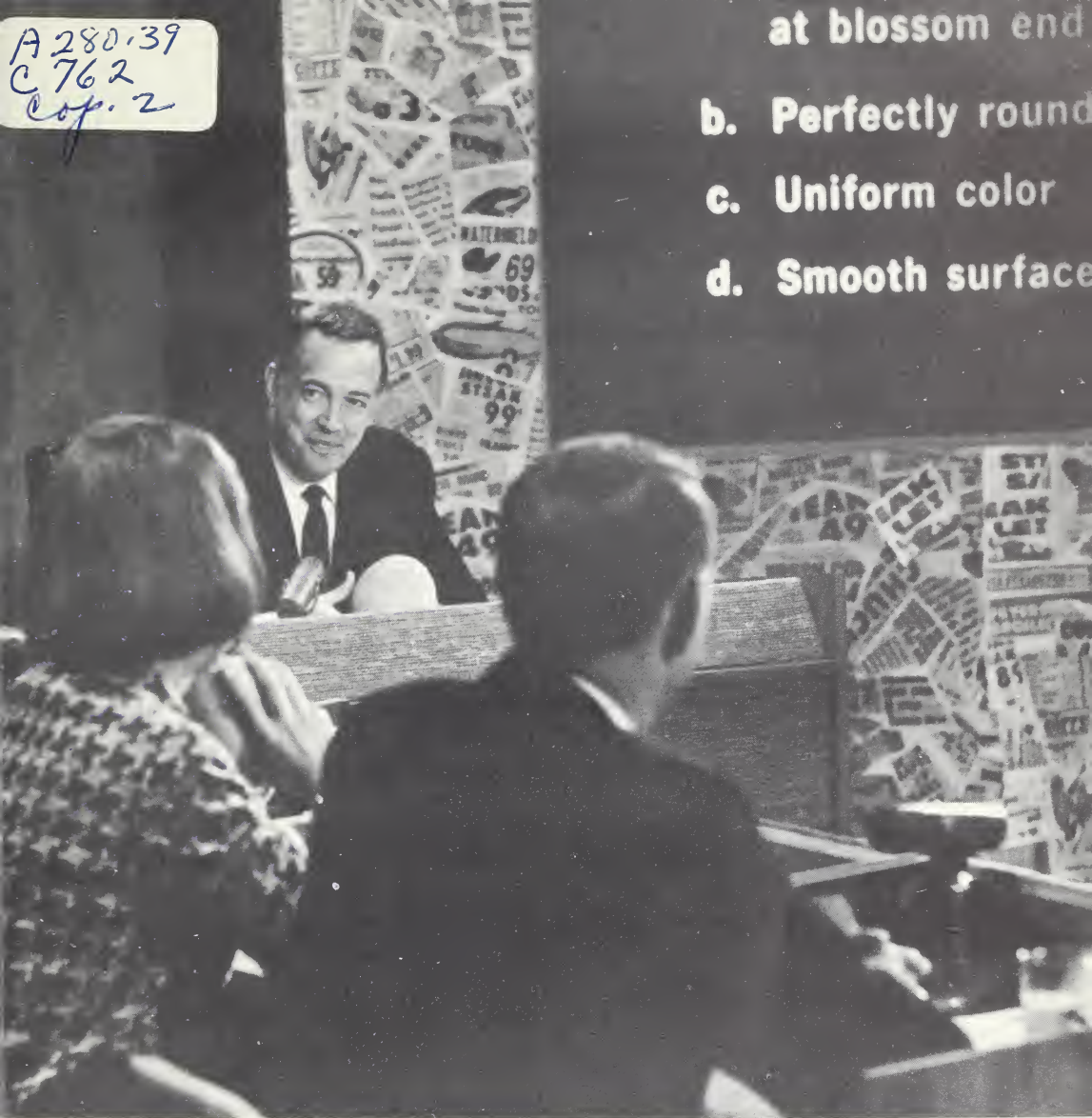


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NATIONAL FOOD BUYERS QUIZ: QUESTIONS AND ANSWERS

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PREFACE

On November 17, 1966, more than 70 educational television stations presented a one-hour special, the *National Food Buyers Quiz*. The program was produced by WETA-TV, Washington, D. C., with the assistance of the U.S. Department of Agriculture's Consumer and Marketing Service. The moderator of the Quiz was Hugh Downs. A panel of show-business personalities—psychologist and radio-TV star Dr. Joyce Brothers, Nashville recording artist Boots Randolph, comic George Kirby, and TV personality Betty Furness—took the test along with the viewing audience.

(Cover photograph: Hugh Downs asked the panel how to select a cantaloup.)

NATIONAL FOOD BUYERS QUIZ: QUESTIONS AND ANSWERS

1. **Q:** *A can marked "Orange Juice" must contain 100 percent orange juice. True or false?*
A: True. If the can is labeled "Orange Juice" it must contain 100 percent orange juice. However, if the can is labeled "Orange Drink," or "Orange Breakfast Drink," it need not contain all juice. The same rules apply to all citrus fruit juices.
2. **Q:** *You should trim off the purple ink showing the grade or the inspection mark before cooking and serving the meat. True or false?*
A: False. The purple ink used for these marks is completely harmless, and is as safe as the coloring used in the frosting on a cake.
3. **Q:** *Lower priced canned fruits and vegetables are just as nutritious as higher priced ones. True or false?*
A: True, in most cases. Often the reason for lower prices is that the product is packed in light instead of heavy sugar syrup; it may be less tender; or the flavor and color may not be quite as good. But generally, the lower priced product will offer as much nutritive value as the higher priced one.
4. **Q:** *A picnic ham is a real ham. True or false?*
A: False. Real ham comes from the upper part of the hind leg of a hog. A "picnic" is similar in flavor and appearance, but comes from the shoulder of the hog and is not real ham.
5. **Q:** *The best hamburger meat is ground round of USDA Choice or USDA Good grades. True or false?*
A: False. Ground chuck of USDA Choice or USDA Good makes more juicy flavorful hamburger than ground round. An essential for good hamburger is the proper lean-fat ratio—usually 20 to 25 percent fat—so hamburger can be made from a variety of cuts in most of the grades.

6. **Q:** *Brown eggs are not as good as white eggs. True or false?*

A: False. The breed of the hen determines the color of the eggs' shell. But there is no difference in quality, in spite of the fact that people in some areas think brown eggs are best and people in other areas think white eggs are best, just because they've grown up eating one or the other. Shell color doesn't affect the grade, nutrient value, flavor, or cooking performance of the egg.

7. **Q:** *The boss is coming for a backyard barbeque. You want to serve the best steaks you can find, to make a good impression. Would you buy—*

(A) T-bone?

(B) Porterhouse?

(C) Club?

(D) Sirloin?

A: (B)—Porterhouse is commonly considered the "best" steak because it has the most tenderloin. The tenderloin is the most tender muscle in beef. When served by itself, it's called filet mignon. But any of these would be a fine choice. T-bone steaks can be cooked the same way as porterhouse, but have less tenderloin. Club steaks contain no tenderloin, but they can also be used the same way as the others. Sirloin is more variable in tenderness than the T-bone, porterhouse, or club steak, but it's usually a little cheaper—and it pays to look for one in which the bone is small.

8. **Q:** *All fresh meat and poultry sold in the United States is wholesome because it is inspected by the U.S. Department of Agriculture. True or false?*

A: False. Only the meat and poultry produced in plants selling across State lines has to be federally inspected. USDA's Consumer and Marketing Service inspects about 85 percent of the fresh meat and poultry produced commercially in the United States.

9. **Q:** *The name of the product tells you nothing about whether there is more sliced beef than gravy in a product named "sliced beef with gravy."*

A: False. Regulations require that if sliced beef is indicated first in the name on federally inspected beef and gravy, there must be more beef in the package than gravy.

10. **Q:** *The processor may substitute different chicken parts in place of the ones shown on the label, so long as they weigh as much as the parts which are shown. True or false?*

A: False. If the processor shows a leg and breast on the label, they must be the parts inside the package. The label must truly represent what's inside.

11. **Q:** *There must be more beef than any other single item in frankfurters whose list of ingredients reads, "Beef, pork, water, salt, sugar . . ." True or false?*

A: True. The ingredient that weighs the most must always be listed first whenever ingredients are listed on any meat or poultry product prepared under Federal inspection; the next heaviest must be listed next, and so on down the line.

12. Q: *To insure the wholesomeness of federally inspected meat and poultry, U.S. Department of Agriculture inspectors examine every animal and bird processed in federally inspected plants. True or false?*

A: True. Federal meat and poultry inspectors examine every animal and bird during and after slaughter to insure that only wholesome meat is sold for human food. In addition, these inspectors from USDA's Consumer and Marketing Service inspect everything connected with the plant's sanitation and its processing equipment to make sure that nothing will hurt the wholesomeness of the meat or poultry.

13. Q: *All canned hams can be eaten without further cooking. True or false?*

A: True, they are all fully cooked, and can be eaten just as they come from the can.

14. Q: *All hams not in a can must be cooked before serving. True or false?*

A: False. Hams labeled "Fully Cooked" do not need to be cooked before serving regardless of whether or not they come from a can.

15. Q: *All canned hams can be stored at room temperature. True or false?*

A: False. While all canned hams are fully cooked, not all of them are fully processed to the point that they can be stored at room temperature. Canned hams subject to Federal meat inspection that require refrigeration must be labeled "Perishable—Keep Under Refrigeration," and must be refrigerated during storage and distribution, and in the home.

16. Q: *You cannot use the gelatin mixture found in canned hams. True or false?*

A: False. The gelatin mixture is ideal for using in a glaze, in ham gravy, or for basting the ham. It is tasty and nutritious since it contains ham juices, meat proteins, and some fat.

17. Q: *If you want a real tender piece of beef, you can forget about everything but the grade. True or false?*

A: False. You should pay attention to the cut, as well as the grade. Of course the top grades—which are USDA Choice and USDA Prime—are more tender than the lower grades, for any one cut of meat. But some cuts are also much more tender than others. You can depend on USDA Choice and Prime rib roasts, rib steaks, and loin steaks to be consistently tender, juicy, and flavorful. But even in the top two grades, the less tender cuts must be pot-roasted, braised, or stewed. These include the flank, brisket, shank, and arm roast.

18. *Q: Turkeys are a good buy—*

- (A) In the spring
- (B) At Thanksgiving
- (C) All year around
- (D) All seasons except Thanksgiving

A: (C)—All year around. Retail stores traditionally offer special bargains on turkey at Thanksgiving. But turkey is no longer just a seasonal food—it is now easy to get and a good buy at any time of the year. And turkey is now available in many different forms, including turkey roasts.

19. *Q: To get the most turkey for your money, you should buy a U.S. Grade A turkey weighing—*

- (A) Under 8 pounds
- (B) 10 to 12 pounds
- (C) 18 pounds or more

A: (C)—18 pounds or more. Not only does the largest turkey have more meat in proportion to bone than the smaller ones, but the larger ones also usually are sold for a few cents less per pound. Look for the U.S. Grade A shield mark on the package. Grades are based on the meatiness of the bird and its appearance or freedom from defects—and Grade A is the top quality for turkeys.

20. *Q: Suppose you want to buy a chicken, but haven't made up your mind how you want to cook it. Which of these could you cook in the the greatest variety of ways—or is there any difference?*

- (A) Frying chicken?
- (B) Stewing chicken?
- (C) No difference?

A: (A)—If you get a frying chicken you can fry, broil, barbecue, roast or even stew it. A stewing chicken is an older bird and should be cooked with moist heat—stewer or steamed—to make it tender. All poultry that is inspected by the USDA must have either the class name (fryer, roaster, etc.) or the term “young” or “mature” on the label. If it's labeled “fryer” or “broiler” you know it's a young bird, 8 to 12 weeks old, and tender. If it's labeled “stewing chicken” or “hen” or “fowl” it is an older bird and will not be as tender.

21. *Q: The weight of a dozen “Large” eggs must be at least—*

- (A) 27 ounces
- (B) 24 ounces
- (C) 21 ounces
- (D) 18 ounces

A: (B)—24 ounces. The other weights are those for the other official U.S. weight classes. There is a difference of 3 ounces per dozen eggs between each weight class and the one next to it. Extra Large (27 ounces), Large (24 ounces), Medium (21 ounces), and Small (18 ounces) are the sizes generally found in stores. Two

other sizes—Jumbo (30 ounces) and Peewee (15 ounces)—are sometimes available.

22. *Q: Assume you are going to buy some U.S. Grade A eggs. To get the most egg for your money, which is the better bargain—*

(A) Medium eggs at 63 cents a dozen?

(B) Large eggs at 72 cents a dozen?

(C) No difference?

A: (C) is the right answer to this arithmetic problem. The difference here is 9 cents a dozen and both the Medium eggs and the Large eggs cost exactly 3 cents an ounce. (Divide the number of ounces into the price per dozen to find out the cost per ounce.) At this price level, if the difference were more than 9 cents a dozen between neighboring weight classes, the smaller eggs would be the bargain. If the price spread were less than 9 cents a dozen, the larger eggs would be cheaper, per ounce. Of course, your actual choice may depend on many things, but in comparing prices of different weights, be sure you compare eggs of the same quality Grade.

23. *Q: One thing that shows the freshness of an egg is—*

(A) The weight of the egg.

(B) The color of the yolk.

(C) The height and thickness of the white.

A: (C)—Height and thickness of the white. And this is one of the things that determine the grade of the egg. The two top grades—U.S. Grades AA and A—are ideal for all purposes but are especially good for frying and poaching because they have a high, thick white and a yolk that is firm and not easily broken. Such eggs “stand up” and don’t spread out much in the pan. U.S. Grade B eggs are good for general cooking and baking where appearance is not important since the white is thinner and the yolk may be flatter. Therefore, you may want to reserve the use of these lower-priced eggs for cooking where appearance doesn’t count. Graders candle eggs—that is, let light shine through them—to determine the quality inside. They also check the shape of the egg, the soundness and cleanliness of the outer shell. Now and then, they’ll break open a sample as an extra check on the quality inside.

24. *Q: How often have you seen sights like these in your market? Which of these is the best way to select a watermelon for ripeness—*

(A) Thump it and listen for the correct sound?

(B) Make sure the flesh is soft?

(C) Smell it?

(D) Look for a yellowish-colored underside?

A: (D)—The best way is to look for a yellowish underside. Regardless of the green of the rest of the melon, the yellowish underside is a good sign. Other signs of a good melon are a symmetrical shape and a dull surface. Unfortunately, there is no sure way of judging

whether or not a watermelon is ripe without cutting or removing a plug from it. If you want to be really certain, buy a cut melon. A look will tell you if the flesh is ripe, firm and bright. Always avoid "white heart"—a white streak running lengthwise through the center of the melon. It indicates low quality.

25. *Q: You want red apples for a Waldorf Salad. Which grade would be the best buy?*

- (A) U.S. Extra Fancy?
- (B) U.S. Fancy?
- (C) U.S. No. 1?

A: (C)—U.S. No. 1. Choose the higher grades—U.S. Extra Fancy and U.S. Fancy—when color is important; the lower ones, like U.S. No. 1, when economy is important or when color doesn't matter, as in making a salad.

26. *Q: A package of frozen vegetables says "Grade A" on the label. This means it . . .*

- (A) has been officially graded by USDA.
- (B) may or may not have been officially graded by USDA.
- (C) has not been graded.

A. (B) is the right answer. Here's the difference. If frozen or canned fruits or vegetables actually measure up to the U.S. Department of Agriculture standards for Grade A, they can be labeled "Grade A" even if they have not been officially graded. Of course, in that case they would be *mis*labeled if they are *not* actually of "Grade A" quality. But you can be sure they *have* been officially graded if they have the letters "U.S." in front of that "Grade A", along with the official USDA shield and the statement "Packed under continuous inspection of the U.S. Department of Agriculture."

27. *Q: The hardest head of lettuce you can find is the best. True or false?*

A: False. A head that's not hard is normally the best. Look for heads with green outer leaves. Keep in mind that large, hard heads—often with light green outer leaves—may be over-ripe. Greener lettuce has more vitamins.

28. *Q: In selecting a melon, the best way to tell whether it's ripe is to:*

- (A) Gently press your thumb against the blossom end to make sure it "gives" slightly.
- (B) Check to see that it's perfectly round.
- (C) See that its color is uniformly distributed.
- (D) Make sure its surface is smooth.

A: (A)—The best way to pick a good ripe melon—such as a cantaloup, persian, honeydew, casaba, or crenshaw—is to make sure it "gives" slightly when you gently press your thumb against the blossom end. That's the end opposite to the end where the stem was attached. You should also smell the melon, to see that it has a faint pleasant "fruity" odor. And make sure it's free from any sunken, water-soaked areas on the surface, which indicate deterioration.

29. **Q:** *Grade A on a bottle of milk means it's been graded by the United States Department of Agriculture. True or false?*
- A:** False. Fresh milk is not federally graded. Such grades are set by State or local governments.
30. **Q:** *You want to buy Cheddar cheese for use in a casserole. Would you choose—*
- (A) Sharp?
- (B) Mellow aged?
- (C) Mild?
- A:** (A)—Sharp. With aging or curing, Cheddar flavor becomes stronger and the Cheddar texture becomes more velvet-like and the body smoother and waxy. The sharper the Cheddar, the more easily it melts. Here's a tip for cheese chefs: If a recipe calls for Cheddar, add the cheese when the dish is almost done. This helps preserve the Cheddar flavor. If it is a good sharp Cheddar, it will melt quickly.
31. **Q:** *The terms "Cheese Spread" and "Cheese Food" are names for different kinds of products. True or false?*
- A:** True. For example, a pasteurized process cheese *spread* has, generally, more moisture and less milk fat than a pasteurized process cheese *food*, and the cheese *food*, in turn, generally has more moisture and less milk fat than pasteurized process cheese. There are various other differences in ingredients. This doesn't mean one is better than the other. But it does mean there's a lot to learn about cheese if you want to know what to buy for a special purpose.
32. **Q:** *You are more likely to find USDA Choice beef in your store than any other grade. True or false?*
- A:** True. About 75 percent of the beef graded rates the U.S. Choice grade. That's because it's the grade preferred by most consumers, so cattlemen produce more of it than of the other grades.
33. **Q:** *You are planning a dinner for some very special guests, and want to buy some top grade beef—USDA Prime or Choice—that will make the most mouth-watering roast you can possibly get. Which of these cuts would you choose—*
- (A) Rump?
- (B) Rib?
- (C) Chuck?
- A:** (B)—Rib roast. The top grades for beef come from young well-fed animals—and a Prime or Choice rib roast will be very tender and unexcelled in flavor. A rib roast is also easy to carve and serve. A rump roast also has very good flavor but usually is not as tender and juicy as a rib roast of the same grade. The chuck roast is a less expensive cut, and the higher grades of this cut can be oven-roasted. But the chuck roast is not as tender as the rib or rump roasts.